

Cold Chicory Salad

Ingredients

- 1 cup fresh chicory, chopped
- 2 teaspoons apple cider vinegar
- 1 tablespoon Bragg's liquid aminos
- 1 tablespoon lemon juice
- Salt and pepper to taste

Directions

1. Chop chicory very fine.
2. Stir in apple cider vinegar and lemon juice.
3. Add Salt and pepper to taste.
4. Enjoy as a side dish or cool salad

Phase 2 Variations: Add tomatoes and chopped fresh mint or mix in a little orange juice. Add finely minced red onion and garlic or chopped apple and Stevia.

Makes 1 serving (1 vegetable)
0 protein
0 fat
20 calories

**PHASE 3
MODIFICATIONS:**
Add a little olive,
walnut, or
hazelnut oil.
Sprinkle with 1
tablespoon
chopped walnuts
and feta cheese.

